

What is claimed is:

1. A leg exercise device for use with an office chair including a back, a seat, and a seat support, comprising:
 - a) a leg exercise mechanism for use by a user while seated on the office chair to exercise the user's legs; and
 - b) a rigid connection mechanism extending from the leg exercise mechanism for detachably and rigidly connecting the leg exercise mechanism to the seat support of the office chair.
2. The leg exercise device of claim 1, wherein the leg exercise mechanism includes a pedaling mechanism that allows the user to pedal with the user's legs while seated on the office chair.
3. The leg exercise device of claim 2, wherein the pedaling mechanism includes a difficulty control mechanism to manually control the difficulty of pedaling.
4. The leg exercise device of claim 2, wherein the pedaling mechanism is slidably connected to the rigid connection mechanism for adjusting the position of the pedaling mechanism relative to the user.
5. The leg exercise device of claim 2, wherein the seat support is a vertical support and the rigid connection mechanism includes a collar to connect the rigid connection mechanism to the office chair.
- 20 6. The leg exercise device of claim 1, wherein the leg exercise device includes an undersurface with a slip-resistant tread that prevents the leg exercise device from slipping.

7. The leg exercise device of claim 1, wherein the leg exercise mechanism includes a sliding track mechanism having tracks and foot members slidably attached to the tracks for allowing the user to glide the user's feet along the tracks while seated on the office chair.
- 5 8. The leg exercise device of claim 7, wherein the sliding track mechanism includes a difficulty control mechanism to manually control the difficulty of gliding.
9. The leg exercise device of claim 7, wherein the sliding track mechanism is slidably connected to the rigid connection mechanism for adjusting the position of the sliding track mechanism relative to the user.
- 10 10. The leg exercise device of claim 7, wherein the seat support is a vertical support and the rigid connection mechanism includes a collar to connect the rigid connection mechanism to the office chair.
11. The leg exercise device of claim 7, wherein the leg exercise device includes an undersurface with a slip-resistant tread that prevents the leg exercise device from slipping.
- 15